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ILLINOIS STATE BOARD OF HEALTH.

OFFICIAL ORDER

Revised and in force September 16, 1925.

ILLINOIS STATE BOARD OF HEALTH.



PREVENTION AND SUPPRESSION

OF

EPIDEMIC AND MALIGNANT DISEASES.

DIPHTHERIA.

[S. B. H. No. 273—2m—11, 17, '96.]

OFFICIAL ORDER

Concerning the Prevention and Suppression of Diphtheria.

Revised and in force September 18, 1895.

OFFICE OF THE SECRETARY,
SPRINGFIELD, ILL., September 18, 1895.

To Health Authorities, Attending Physicians, and Heads of Households:

At the XVth Annual Meeting of the ILLINOIS STATE BOARD OF HEALTH, held in the City of Springfield, January 28, 1892—the increasing prevalence of the Epidemic and Malignant Diseases being under consideration—it was

Ordered, That the Secretary be authorized to procure a sufficient number of copies of the Rules and Regulations of the BOARD for the Preventing and Suppression of Diphtheria, and to distribute the same as the sanitary necessities of the State may require.

In accordance with this order the appended *Rules and Regulations*—originally promulgated in January, 1883—are again published with the knowledge that *wherever they have been thoroughly carried out Diphtheria has always been controlled and speedily suppressed.*

This order is issued in conformity with the statute which vests the STATE BOARD OF HEALTH with authority in all matters pertaining to quarantine, and with the duty of making all necessary rules and regulations for the preservation or improvement of the public health; and such rules and regulations have, therefore, the weight and authority of law. By the same statute their enforcement is made binding upon all health authorities in the State. Such authorities embrace—

1. Regularly constituted *Boards of Health* of incorporated cities, towns and villages.
2. *Supervisors, assessors and town clerks* of townships.
3. *County commissioners* of counties in which there are no township organizations.

The officers designated in the second and third classes constitute *ex officio* the Boards of Health for their respective territories in the absence of any other provision therefor.

The *Rules and Regulations* which follow are believed to cover every important detail, and are part and parcel of this ORDER, to be strictly enforced in appropriate cases. A copy should be furnished not only to every family in which there is a case of Diphtheria, but to neighbor families which may be exposed, to teachers of public, private and parochial schools, and to pastors or ministers of churches in the vicinity.

BY ORDER OF THE BOARD:

J. W. SCOTT, M. D.,
Secretary.

DIPHTHERIA.

ITS SANITARY FEATURES—RULES AND REGULATIONS FOR ITS PREVENTION AND SUPPRESSION.

ITS SANITARY FEATURES.

Diphtheria has increased so rapidly of late years that it has become one of the most dreaded and most fatal of the domestic pestilences. Since 1871 its prevalence has increased to such an extent that the deaths per annum from Diphtheria have nearly doubled in country districts and nearly quadrupled in the great cities.

For the purposes of prevention and suppression it should be known—

That Diphtheria is a virulently contagious and infectious disease;

That it is contagious and infectious not only by direct exposure of the well to those suffering from the disease, but also through clothing and other articles that have come in contact with the sick;

That the certainty of its infection is only less than in the case of small pox or scarlet fever; while, unlike these diseases, one attack of Diphtheria affords no protection against subsequent attacks;

That its poison may remain inactive in houses for a long period and, unless destroyed by disinfection, may give rise to a new outbreak at any time;

That over-crowding, faulty ventilation, and filthy conditions of habitations favor its spread, as do also soil moisture, damp cellars and general dampness of houses;

That many of the domestic animals are subject to the disease, notably cows—whose milk may thus become infected—and common fowls, and particularly cats.

From all that is yet known isolation and disinfection are the surest means of controlling and suppressing Diphtheria. Dr. Henry B. Baker, Secretary of the Michigan State Board of Health, has conclusively shown the results of isolation and disinfection in 218 outbreaks of the disease which occurred in one year in the State of Michigan. In 102 outbreaks where isolation or disinfection or both were neglected, the average *cases* per outbreak were a little over 16, and the average *deaths* were 3.23; while in 116 outbreaks in which isolation and disinfection were both enforced, the average *cases* per outbreak were 2.86 and the average *deaths* were 0.66; indicating a saving of over 13 cases and 2.57 deaths per outbreak, or the prevention of 1,545 cases and 298 deaths during the year by isolation and disinfection.

The *Rules and Regulations* which follow are based on this and similar experience, and their strict enforcement cannot be too strongly urged.

RULES AND REGULATIONS.

1. Persons who have catarrh, or who are subject to sore throat, or whose health is run down, are especially apt to catch Diphtheria. Such persons are, therefore, particularly interested in securing the isolation or quarantine of every case of Diphtheria, and the disinfection of everything which has come in contact with, or which comes from, such a case.

2. When there are cases of Diphtheria in a neighborhood, keep away from meetings in crowded places, such as theatres, public halls, and even churches unless they are well aired and well heated during the services. Diphtheria is more common in winter and in cold months than at any other time, because there is less fresh air in houses in cold weather.

3. Nurseries, kindergarten, school rooms and other places where children go should have plenty of fresh air and should be kept clean. Children catch Diphtheria more easily than grown people.

4. When there is a case of Diphtheria in the neighborhood, do not neglect any sore throat, but call a physician at once.

5. Do not go into a house where there is a case of Diphtheria, and do not let your children play with children who live in that house.

6. Never let a person who has sore throat or Diphtheria breathe on your face. Do not kiss such a person, and do not eat with one.

7. If there is Diphtheria in your house do not eat or drink in the same room with the sick person and do not use nor let any one else use the same cup, plate, glass, spoon, knife, or fork used by the sick person.

8. Children must not be exposed to Diphtheria in any way. When grown people are obliged to go into the room of a person who has Diphtheria they should bathe and change their clothing before they go where children are. Do not let children use a water closet or privy in which the discharges from Diphtheria patients are thrown. If you can do so, send the children away from the house where there is a case of Diphtheria.

9. Cats, dogs, cows, hogs, chickens, pigeons, canary birds, parrots and some other birds and animals sometimes have Diphtheria, and carry the disease. Keep the children away from any of these animals or birds which have any throat disease. Do not let any of them go into the room or house where a person is sick with Diphtheria.

10. There are no specifics nor antidotes, nor sure-cures for, or medicines to prevent Diphtheria. It is a waste of time and money to buy or use anything of the kind.

ISOLATION AND DISINFECTION.

1. One can catch Diphtheria almost as easily as small pox. When a person is first taken sick it is often hard to tell whether it is Diphtheria or not. To be on the safe side take it for granted that when any one has sore throat, foul breath, and fever it is Diphtheria, especially if there is Diphtheria in the neighborhood. Separate this person from all others, except the necessary nurses, and send for a physician.

2. The room for a person sick with Diphtheria should be large, easily aired, and as far as possible from the rooms of other members of the family. Take out of the room all ornaments, carpets, table covers, draperies, plush chairs and other things that are not needed in it. Dogs, cats, birds and fowls should be kept out of the room, and even out of the house. The patient must have plenty of fresh air night and day. If possible, heat the room with an open fire. If there is a fire-place have a fire in it, even if you must use other heat. A stove makes the worst kind of heat for the sick-room. If a stove must be used, put a pan or kettle of water on it. If you can do so place the bed near the center of the room, without letting the air blow directly on the patient.

3. The discharges from the nose and mouth of the patient should be taken on clean rags and burned at once. Keep in the night vessel about a quart of *Standard Disinfectant No 2*. When the patient has an operation of the bowels empty the vessel and then put more of the disinfectant into it.*

* See last page for method of making and using the *Standard Disinfectants*.

All knives, forks, spoons, glasses, cups and plates used by the patient must be put into boiling water at once.

A pail or tub of water—with a teacupful of *Standard Disinfectant* No. 3 to every two gallons of water—should be kept in the room, and all clothing, blankets, sheets, towels, pillow slips and other cloth articles used about the patient or in the room should be put into this as soon as they are used and before they are taken from the room. Then they must be taken out and boiled at once. Use old blankets on the bed.

4. If you can do so, employ a professional nurse for the patient. No more than two persons should go into the patient's room, and these persons should keep away from other members of the family. If one of these persons has to go away from the house, he or she should change the clothing and wash the hands, face and hair with disinfectant soap and water. There are a variety of disinfectant soaps sold by druggists; use the one recommended by the attending physician.

5. So long as any one in the house has Diphtheria throw into the privy vault every day four or five gallons of *Standard Disinfectant* No. 2. For water closets pour a quart of this solution into the receiver after using it.

6. A person who has had an attack of Diphtheria may spread the disease for about six weeks from the beginning of the sickness. Such person should not associate with others nor go to school or church or to any public meeting until the throat is entirely well, and the sores on the lips and nose are healed. Before going to school or to any meeting, the person should have a health certificate from the physician or health officer, setting forth that proper precautions have been taken during the sickness, and that the person is believed to be free from danger of conveying the disease to others.

7. All the clothing of the sick person should be disinfected before it is worn again. The clothing the patient was wearing when taken sick should be disinfected at once and put away.

8. After recovery or death all articles worn by, or that have come in contact with, the patient, together with the room and all its contents should be thoroughly disinfected by burning sulphur in the following manner:

(a) Paste strips or sheets of paper over the keyholes, window cracks, door cracks, fireplaces, stove holes and other openings. Have all windows and doors shut.

(b) All the articles in the room that cannot be washed must be spread out on chairs or racks. Mattresses should be opened and set on edge. Window shades and curtains spread out full length. If there is a trunk or chest in the room open it, but let nothing stay in it. Open the pillows so that the sulphur fumes can reach the feathers.

(c) Take out of the room any wire mattress, piano, sewing machine or other machine; sulphur fumes injure fine iron or steel.

(d) Use 3 pounds of sulphur for every 1,000 cubic feet in the room. A room 10 feet long, 10 feet wide and 10 feet high has 1,000 cubic feet. For a closet half as large use a pound and a half of sulphur. Moisten the sulphur with alcohol.

(e) Burn the sulphur in an iron vessel with live coals. Take a tub with about two inches of water in the bottom; put some bricks into it; then put the vessel with live coals on the bricks, moisten the sulphur with alcohol and throw it on the coals. When the sulphur begins to burn, close the room tightly for 24 hours. A sulphur candle is sold by druggists and is safer and more convenient than loose sulphur and alcohol.

(f) At the end of 24 hours open the windows, top and bottom, and air the room for a day or two.

(g) Take out the clothes and other things that have been fumigated, and put them in the sunshine and air for several days. Take up the carpet, have it beaten and air it for about a week.

(h) While the room is being aired, brush the walls and ceiling, and then scrub paint, all wood-work and floors with lye soap and hot water.

(i) It is safer to burn straw, husk, moss or "excelsior" mattress filling.

The outer clothing worn by those who have nursed the sick should be fumigated with sulphur. All clothing that can be washed should be boiled for at least one hour.

9. In the event of death, the body must be wrapped in a sheet thoroughly soaked in *Standard Disinfectant No. 2*, and then placed in an air-tight coffin, *which is to remain in the sick room until removed for burial*. Public funerals and wakes over such a body are forbidden. *The coffin must not be opened nor the remains again exposed under any pretext whatsoever*. Nor shall it be received by any railroad or other public conveyance except for transportation to the local cemetery—and then only when accompanied by the sworn statement of the undertaker that the body has been prepared as above directed.

DUTIES OF HEALTH OFFICER AND ATTENDING PHYSICIAN.

Whenever a case of Diphtheria occurs in a house, the head of the house or the attending physician should report it at once to the health authorities. Plain and distinct notices in the form of placards should be placed on the house or premises where there is a case of Diphtheria, and children should be kept away from such houses. Notices should be sent to all public schools in the neighborhood where there is Diphtheria in any house, and the pupils should be warned against visiting or playing about such houses.

When the health officer is notified of a case of Diphtheria, he should go to the house and see that the necessary precautions are enforced. It is his duty to post placards, to notify schools, to take charge of the funeral of anyone that dies of the disease, to see that rooms, clothing and premises are properly disinfected, and to give official certificates of recovery and that the person is no longer apt to spread the disease. Where there is no health officer, the attending physician should attend to these matters.

STANDARD DISINFECTANTS.

For general use: Sunlight, fresh air, soap and water, thorough cleanliness, are the best disinfectants.

For special purposes, the following solutions are good, simple and cheap.

STANDARD DISINFECTANT No. 1.

Dissolve chloride of lime of the best quality in pure water, in the proportion of four ounces (a quarter of a pound) to the gallon.

One quart of this solution for each discharge from a patient suffering with any contagious or infectious disease. Mix well and leave in the vessel for an hour or more before throwing into privy vault or water closet. The same for vomited matter. For a very copious discharge, especially in cholera, use a larger quantity; and for solid or semi-solid matter, use the solution in double strength. Discharges from the mouth and throat should be received in a cup half full of the solution, and those from the nostrils upon soft cotton or linen rags which should be immediately burned.

The chloride of lime must be of the best quality; poor chloride of lime is worthless.

STANDARD DISINFECTANT No. 2.

Dissolve corrosive sublimate, permanganate of potash and muriate of ammonia in pure water in the proportions of two drachms each to the gallon.

Use for the same purposes and in the same way as No. 1. Equally effective, but slower in its action, so that it is necessary to let the mixture (disinfectant and infected material) stand about four hours before disposing of it. It is best to empty the mixture into a wooden pail and leave it for twenty hours, when it may be thrown into the vault or water closet, or into a hole dug in the ground for that purpose in some suitable spot. This solution is odorless, while the chloride of lime solution is often objectionable in the sick room on account of its smell.

The disinfectant is *highly poisonous*, and will *injure led pipes* if passed through them in large quantities without free flushing.

STANDARD DISINFECTANT No. 3.

Dissolve four ounces of corrosive sublimate and one pound of sublimate of copper in one gallon of water.

Use this for disinfecting clothing and bed clothes. Add a teacupful of it to two gallons of water. Soak the clothes in it for two hours, then wring them out and boil them. This solution is poisonous, and must not be kept in metal vessels, nor poured into lead pipes without free flushing.

Solutions of corrosive sublimate should not be made or kept in metal vessels. A wooden tub, barrel or pail, or an earthen jar should be used for such solutions.

Disinfection of Privy Vaults, Cesspools, etc.—When the excreta or discharges (not previously disinfected) of patients suffering with any contagious disease have been thrown into a vault, this becomes infected and dangerous. Disinfection should be resorted to as soon as the fact is discovered or even suspected.

Disinfectant No. 3, diluted one part to three of water, may be used in the proportions of one gallon of the diluted solution to every four gallons (estimated) of the contents of the vault. All exposed portions of the vault and woodwork should be thoroughly wet with the solution.

* To keep a vault disinfected during the progress of an epidemic—or even a single case of contagious disease—sprinkle chloride of lime freely over its contents daily. Or if the odor of the chloride be objectionable, apply daily four or five gallons of *Disinfectant No. 2*, which should be made by the barrel for this purpose, and kept in a safe place where children and animals cannot get at it.

The Epidemic and Malignant Disease Circulars of the BOARD—embracing Rules and Regulations for the Prevention and Suppression of Small Pox, of Typhoid Fever, of Diphtheria and Scarlet Fever—may be obtained by addressing the Secretary.